

THINGS YOU NEED TO KNOW ABOUT GOLF COURSE SAFETY

INTRODUCTION

Are there dangers while playing golf on the Course? Yes, but continue to read through the following article for more information and simple guidelines you can follow to play golf safely.

There are 6 main points highlighted in this article namely, Lightning Risks, Bees or Insect Attacks, Beware of Snakes, Medical Emergencies, AED and Ambulance Buggy / First Aid.



LIGHTNING RISKS

Golf courses, due to the generally open areas with scattered trees, can be very dangerous places when a thunderstorm occurs. This becomes especially true when the equipment golfers use to play with a re made of metal!

So what should you do? Here are 4 simple steps you can take:

1. At the first sight of thunderstorm, usually followed by the siren sounds (i.e: a long continuous blast) for course closure, seek shelter. If possible, leave the golf course and seek shelter at designated lightning shelter.

*Do note, ,at this point, that open-sided buildings **do not** provide protection from lightning even if they have a lightning rod.*

2. Stay away from ponds / water and single trees.

3. Move away from your buggies and golf clubs.

4. If you find yourself stranded in the open, stay low.

*If you feel a tingling sensation and the hair on your arms stand, **immediately** squat.*

Should you spot someone struck by lightning, **call 995 immediately**. Assess the situation for further danger— if an open area while lightning is still occurring, you may need to move the victim to a safe area. Check the victim's heartbeat and breathing, **perform CPR if necessary**.



BEEES / INSECT ATTACKS

The second danger lies in the attack of bees and/or insects. While on the golf course, other than focusing on your game— be aware of your surroundings. With SCC golf courses set in a natural environment, it is wise to look around the surrounding trees and plants where your ball lands.

Insect stings can result in **severe allergic reactions** that include chest pain, nausea, loss of breath, swelling and slurred speech which can be **fatal** if not treated.

Here are some tips to keep these under control:

1. Wear light colored clothing and avoid putting on strong perfume as bees are attracted to them.

2. Protect your face and head with a jacket or even your shirt if necessary, as stings to your face can be more serious.

3. If stung, remove the stingers as soon as possible. One effective way is to scrape them off with your fingernail or card (credit card is an option). **Never use tweezers** to remove a stinger, as squeezing it can cause more venom to release into your skin.

After which, use a cold compress to reduce pain and swelling.

4. Seek medical attention as soon as you can as some victims who are allergic to bee stings are prone to shock.



Please save these Medical Emergency numbers into you phones:

Medical Emergency : 9167 7035

Bag Drop : 6751 0315

Front Office : 6751 0320 / 328



BEWARE OF SNAKES

Golf courses are places where you are going to encounter different kinds of wild animals, more commonly in SCC, snakes, some more venomous than others. But not to worry, there is a much bigger threat of lightning risks than any snake.

Follow these precautionary measures if you ever find yourself face to face with these cold-blooded critters:

1. Snakes are ambush hunters, which means they spend most of their time in hiding places. Always check your surroundings where your ball lands especially near bushes, trees or ponds.

It is advisable to use your golf club, instead of your hands to part bushes / plants as you are searching for your ball.

2. Do not try to engage with the snake if you catch a glimpse of them, even if they appear dead. Slowly back away from the snake and either try to find your way around or go back the way you came.

3. Do not try to identify, chase or capture a snake following a bite, doctors will be able to identify the type of snake from the symptoms of the victim.

4. Call 995 and keep the victim calm, try to limit their activity.

5. Remove jewelry and restrictive clothing. if possible, circle the swollen area and record time bitten.

Do not apply a tourniquet as it will restrict blood flow to the affected area. Do not put a cold pack over the swollen area or cut the wound with a razor. Do not use your mouth to suck out the venom, it is **ineffective and may cause infections**.

The common snakes found in SCC are usually the Reticulated Pythons (not venomous), Malayan Green Whipsnakes (mildly venomous) and Black Spitting Cobras (venomous).



3

If they are not breathing, start CPR



4

30 chest compressions



5

Two rescue breaths



6

Repeat until an ambulance or AED arrives

MEDICAL EMERGENCIES

The last and most critical life-endangering point we wish to highlight are the medical emergencies.

Heart attacks, **one of the more common yet deadly emergencies**, occur when one's heart does not get enough oxygen.

These are some symptoms that can be observed:

- Any type of chest discomfort or pressure, such as squeezing or aches.
- Nausea and/or dizziness.
- Pain or aches in the back, shoulders, arms, neck or jaw.
- Difficulty in breathing.

So what should you do if you notice your flight mate having a heart attack?

The first and foremost thing one should note is that you **should not move** the casualty. Instead, call the emergency numbers (9167 7035, 6751 0315 / 320 / 328) and find someone who can perform CPR on the spot.

Not everyone who has a heart attack needs CPR because not all heart attacks cause the heart to stop beating. Should there be a bystander who knows CPR, get them prepared to provide it, should the condition progresses to a stopping of the heart.



CPR : Step by Step



1

Call 911 or ask someone else to



2

Lay the person on their back and open their airways



3

If they are not breathing, start CPR



4

30 chest compressions



5

Two rescue breaths



6

Repeat until an ambulance or AED arrives

Look out for instructions placed next to the AED Machines:

AUTOMATIC EXTERNAL DEFIBRILLATOR (AED)

When the AED is available, follow the instructions on the AED device. The AED automatically determines if the victim needs an electrical shock to restore a beating heart.

There are **3 AED Machines** in SCC, located at:

1. Clubhouse Level 1 staircase by Goler's Terrace.



2. Marshal Buggy No. 4 & 5.



Remember, immediate CPR is the only way to keep the heart alive until help arrives. In the situation of the lack of oxygen, death of the brain occurs **4 to 6 minutes** after cardiac arrest if no CPR is done.

Survival generally decreases by 7-10% for every minute no resuscitation is done. Every minute's delay in getting help cuts a victim's chance of survival by 10%.

So remember these few tips, the next time you're on the Course!



***Disclaimer:** Please note that these are just some suggestions and recommendations. The Club accepts no liability for the content of this article, or for the consequences of any actions taken on the basis of the information provided.

WHAT TO DO IN A Cardiac Arrest



AMBULANCE BUGGY / FIRST AID

SCC also provides an Ambulance Buggy equipped with a stretcher to assist in casualty evacuations from the Golf Course.



All Marshal buggies are equipped with First Aid packs to assist in minor injuries. These are checked daily and replenished. So if the next time you're in the Course and got a cut, do call out to our friendly Marshals for a band aid.

